Information document

Pierre Beauregard

and

PLEIN AIR EN OR

Your dream
Your Challenge
Your project
It's possible

Guest participant at the 2018 IRONMAN Lake Placid

44 great sport challenges completed (including 8 IRONMAN triathlons)

Bachelor in outdoor and adventure tourism – Swimming coach

Speaker – Consultant – Dreamed project accompanyist

Energetic – Dynamic – Inspiring – Passionate – Outdoor guide

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Canadian – Born in Granby, Qc

- **Guest participant** at the 2018 IRONMAN Lake Placid

Dave Deschenes, Former Executive director of the IRONAMN FOUNDATION is at the origin of this invitation.

44 long distance sport challenges since 2006

- **Eight IRONMAN triathlons** (every year since 2010, in Lake Placid NY)
  3,8 km swimming, 180 km biking, 42,2 km on foot
  - Note: He gets to his IRONMAN on his bike from Montreal, Canada

- **Twelve times the Canadien Ski Marathon** (every year since 2007)
  160 km of cross country ski with one night under the stars
  - Holder of permanent Platinum bib 305
  Holder of the ambassador title

- **The Marathon des Sables (Sand Marathon)** (in 2012) → →
  - One of the 10 most difficult race in the world
  Ultramarathon by stages, 250 km, seven days in autonomy

Twelve times the Défi de l'île de Montréal (every year since 2006)
128 km with inlined skates
The whole tour of Montreal Island following the water

Nine marathons (Montréal from 2007 to 2011 and Lake Placid in 2014-15 and 2017-18) 42,2 km à pied

The Jackrabbit Classic (in 2018)
103 km of cross country ski in one day

One 12 hours ultramarathon (in 2011)
Total of 82 kilometers completed

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• Recipient of 11 « Endurance Canadian Award »

Prerequisites: Complete three long distance challenges in 12 months
Minimum requirements : – Complete the CSM « Coureur des Bois » category
– Complete a marathon
Twelfth Endurance Canadian Award under way

Professionnal outdoor guide

- Holder of the **« outdoor and adventure tourism »** bachelor degree from UQAC
  Professional recognition **« EMERIT » from the CQRHT**
  Numerous experiences: kayak, cross country ski, trekking, biking, camping

Swimming coach

Level 3 « formed » of the National coaching certification program (NCCP)

Recipient of multiple excellence awards

Lifeguard of the year from the Quebec Lifeguard Society in 2002
Rookie of the year at the UQAC University in 2003-2004
Excellence scholarship and Millennium grant
Abroad studies scholarship

Diversified life and employment experiences

- « Hitchhiker » for the last 30 years – **Book under way:**
  Park ranger patrol
  Lifeguard
  Coordinator of the Kuujjuaq pool
  Truck and chartered bus driver
  Lawn maintenance technician

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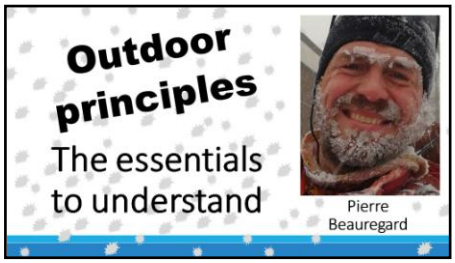
PLEIN AIR EN OR

Conférence 1

Is it possible to complete
a sport challenge with •joy?

The speaker presents six elements that make it possible for him to tackle both sporting and everyday challenges with pleasure. (Book soon available)



Conférence 2

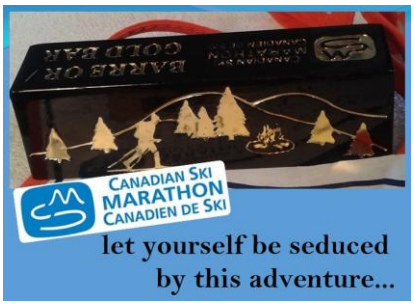
How clothing works
Human body elements
Nutrition tips

Is it possible to be well at all times when we go "play" outside?

The speaker introduces us, in clear terms and with simple images, the three essential principles to •understand. For everyone, from Sunday walkers to experienced hikers, including newcomers.

Conférence 3 The Canadian Ski Marathon

•**Accessible to all:** families, friends,
ski clubs, school groups or alone
Takes place over two days
In Quebec, since over 50 years
Between 13 and 160 km of cross country ski
No stopwatch or ranking
•**Pride and achievements**



The speaker relate the pleasure of going physically beyond and enter into communion with nature as part of this unique and accessible adventure.

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PLEIN AIR EN OR

The Great Adventures

One or two weeks

LONG DISTANCE TREKKING

From shelter to shelter

SEA KAYAK

Allongside the water ways

For the persons that are **dreaming** about it

- For the ones **without experience** who **believe that it's not for them**

Preparatory meetings to learn everything you need to know

Personalized support

User-friendly, stimulating and inspiring

- Ideal to advance your dream, your challenge or your project

Examples :

Develop an active life (or more active)

Learn to swim

Discuss eating habits

Learn cross-country skiing

Reflect on a dream, a challenge or a project you have, but do not dare to undertake

To concretely help you towards the realization of a dream, a challenge or a project

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Consultant – Adviser – Educator

Offer to towns, counties, parks, organisms of all nature, schools, festivals, trade shows or companies

- Evaluation, creation or improvement of any outdoor project

  One-off or recurring project

  Example: review or create a cycling, cross-country skiing or other sports network

Presentation of the three **PLEIN AIR EN OR**'s conferences

PLEIN AIR EN OR

For all the details and dates of the public conferences:
www.pleinairenor.ca
Project launched on November 8th 2017

Do not hesitate to invite me for an interview.

I look forward to meeting you
to share my passions!

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